INSTRUCTIONS FOR ANALOGUE QUARTZ AND MECHANICAL WATCHES

Your watch is one of the following six types of analogue quartz and mechanical watches. Before using your new watch, please read the instructions pertaining to your watch type; they will help you to get the best out of the watch.

A **Two hands without calendar**

B **Two hands with date calendar**

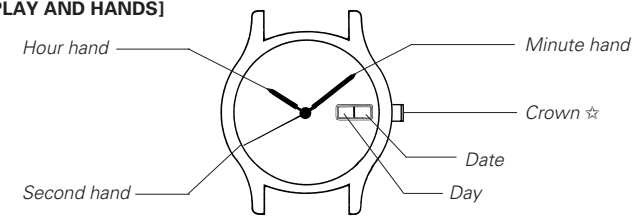
C **Two hands with day and date calendar**

D **Three hands without calendar**

E **Three hands with date calendar**

F **Three hands with day and date calendar**

[DISPLAY AND HANDS]



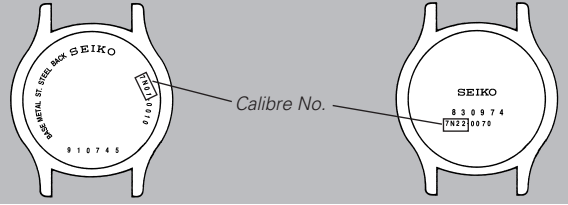
☆ Some models have a screw down crown instead of a standard crown.

- **How to unlock the crown:**
  Unscrew the crown by turning it counterclockwise. Then, pull it out for time/calendar setting.
- **How to lock the crown:**
  Push the crown back to the normal position. Then, turn it clockwise while pressing it until it locks in place.
- **When using the watch in water:**
  Before using the watch in water, make sure the crown is screwed in completely. Do not operate the crown when the watch is wet or in water.

■ Calibre number of your watch

Please check the case back of your watch to find the calibre number inscribed on it, and read the instructions pertaining to your watch calibre number. It is a 4-digit number to the left of the hyphen mark.

MECHANICAL WATCHES : Cal. 4206, 4207, 4217, 7002, 7009, 7019, 4R16, 4S15, 7S25, 7S26, 7S35, 7S36, 7S55
ANALOGUE QUARTZ WATCHES : All other calibres



■ How to start a mechanical watch

- **Cal. 4206, 4207, 4217, 7002, 7009, 7019, 4R16, 4S15, 7S25, 7S26, 7S35, 7S36, 7S55**
  To initially start your watch, swing it from side to side in a horizontal arc for about 30 seconds.
- **Cal. 4206, 4207, 4217, 4S15**
  These watches can also be started by winding the crown.

Note: *If the watch is worn daily, SEIKO's automatic mechanism will wind the mainspring automatically through normal wrist movements.*

HOW TO USE THE WATCH

Set the time/calendar following the instruction pertaining to your watch type.

TIME SETTING FOR MODELS WITHOUT CALENDAR

1. Pull out the crown all the way.
   * If your watch has three hands, pull out the crown when the second hand is pointing to 12 o'clock.
2. Adjust the time by turning the crown in the desired direction.
3. Push the crown back in to the normal position.
   * If your watch has three hands, push the crown back in to the normal position in accordance with a time signal for "00" seconds.

Note: *When setting the minute hand of a quartz watch, advance it to a few minutes ahead of the time and then turn it back to the exact time.*

TIME/CALENDAR SETTING FOR MODELS WITH CALENDAR

☆ The date will change gradually between 9:00 P.M. and 4:00 A.M. (See note 1 on calendar setting.) For some models, however, it will change instantly when the hands pass the 12 o'clock marker at midnight.

- **For models with date calendar**

1. Pull out the crown to the first click.
2. Turn the crown until the previous day's date appears in the calendar frame.
3. Pull out the crown to the second click, and advance the hour and minute hands until the desired date appears.
   * If your watch has three hands, pull out the crown when the second hand is pointing to 12 o'clock.
4. Adjust the time by turning the crown in the desired direction.
5. Push the crown back in to the normal position.
   * If your watch has three hands, push the crown back in to the normal position in accordance with a time signal for "00" seconds.

● **For models with day and date calendar**

1. Pull out the crown to the first click.
2. Turn the crown until the previous day's date appears in the calendar frame.
3. Turn the crown in the opposite direction until the desired language (bilingual) for the day before the desired day appears in the calendar frame.
   * For Cal. 7009 and 7019, push the crown back in to the normal position and then push it repeatedly to set the day.
4. Pull out the crown to the second click, and advance the hour and minute hands until the desired date and day appears.
   * If your watch has three hands, pull out the crown when the second hand is pointing to 12 o'clock.
5. Adjust the time by turning the crown in the desired direction.
6. Push the crown back in to the normal position.
   * If your watch has three hands, push the crown back in to the normal position in accordance with a time signal for "00" seconds.

Notes on calendar setting:

1 Do not change the calendar between 9:00 P.M. and 4:00 A.M, as it may not change properly. If it is necessary to set the calendar during that time period, first change the time to any time outside those hours, set the calendar and then reset the correct time.

2 When the day shifts automatically to the next day, the other language will temporarily appear.

3 When setting the hour hand, check that AM/PM is correctly set. The watch is so designed that the calendar changes once every 24 hours.
Turn the hands past the 12 o'clock marker to determine whether the time is set for the A.M. or P.M. period. If the calendar changes, the time is set for the A.M. period. If it does not change, the time is set for the P.M. period.

CHANGING BATTERY IN ANALOGUE QUARTZ WATCH

Because the battery is inserted at the factory to check the function and performance of the watch, its actual service life once in your possession may be less than the specified period. When the battery expires, make sure to replace it as soon as possible to prevent any malfunction. For battery replacement, we recommend that you contact an AUTHORIZED SEIKO DEALER and request they only use a genuine SEIKO battery.

● **Battery life indicator**

If your analogue quartz watch has a second hand, the battery needs to be replaced when you see the second hand moving in two-second increments instead of the normal one-second increments. (Some calibres do not have this function.) The watch will, however, remain accurate while the second hand is moving in two-second increments.

LOSS/GAIN OF THE ANALOGUE QUARTZ WATCH

Loss/gain (monthly rate) is less than 15 seconds (20 seconds for some calibres) in the normal temperature range (5°C ~ 35°C or 41°F ~ 95°F).

TO PRESERVE THE QUALITY OF YOUR WATCH

■ WATER RESISTANCE

● **Non-water resistance**
If "WATER RESISTANT" is not inscribed on the case back, your watch is not water resistant, and care should be taken not to get it wet as water may damage the movement. If the watch becomes wet, we suggest that you have it checked by an AUTHORIZED SEIKO DEALER or SERVICE CENTER.

● **Water resistance (3 bar)**
If "WATER RESISTANT" is inscribed on the case back, your watch is designed and manufactured to withstand up to 3 bar, such as accidental contact with splashes of water or rain, but it is not designed for wearing while swimming or diving.

● **Water resistance (5 bar)***
If "WATER RESISTANT 5 BAR" is inscribed on the case back, your watch is designed and manufactured to withstand up to 5 bar and is suitable for wearing while swimming, yachting and taking a shower.

● **Water resistance (10 bar/15 bar/20 bar)***
If "WATER RESISTANT 10 BAR", "WATER RESISTANT 15 BAR" or "WATER RESISTANT 20 BAR" is inscribed on the case back, your watch is designed and manufactured to withstand up to 10 bar/15 bar/20 bar, respectively, and is suitable for wearing while taking a bath or shallow diving, but not for scuba diving. We recommend that you wear a SEIKO Diver's watch while scuba diving.

* Before using a water resistant 5, 10, 15 or 20 bar watch in water, make sure the crown is pushed in completely.
Do not operate the crown when the watch is wet or in water. If used in sea water, rinse the watch in fresh water and dry it completely.

* When taking a shower while wearing a water resistant 5 bar watch, or taking a bath while wearing a water resistant 10, 15 or 20 bar watch, make sure to observe the following:
- Do not operate the crown when the watch is wet with soapy water or shampoo.
- If the watch is left in warm water, a slight time loss or gain may be caused. This condition, however, will be corrected when the watch returns to normal temperature.

NOTE:
Pressure in bar is a test pressure and should not be considered as corresponding to an actual diving depth since swimming movements tend to increase the pressure at a given depth. Care should also be taken when wearing and diving into water.

■ TEMPERATURE RANGE

[for analogue quartz watches only]
Your watch works with stable accuracy in a temperature range of 5°C and 35°C (41°F and 95°F).
Temperatures over 60°C or 140°F (50°C or 122°F for some calibres) may cause battery leakage or shorten the battery life.
Do not leave your watch in very low temperatures below –10°C or +14°F (-5°C or +23°F for some calibres) for a long time since the cold may cause a slight time loss or gain.
However, the above conditions will be corrected when the watch returns to normal temperature.

■ SHOCKS & VIBRATION

General light activities will not affect your watch, but be careful not to drop your watch or hit it against hard surfaces, as this may cause damage.

■ MAGNETISM

The watch will be adversely affected by strong magnetism. Keep the watch away from close contact with magnetic objects. (In the case of a quartz watch, normal accuracy will return if the watch is moved away from the magnetic field.)

■ PERIODIC CHECK

It is recommended that the watch be checked once every 2 to 3 years. Have your watch checked by an AUTHORIZED SEIKO DEALER or SERVICE CENTER to ensure that the case, crown, gasket and crystal seal remain intact.

■ CARE OF CASE AND BRACELET

To prevent possible rusting of the case and bracelet caused by dust, moisture and perspiration, wipe them periodically with a soft dry cloth.

■ CHEMICALS

Be careful not to expose the watch to solvents (e.g., alcohol and gasoline), mercury (e.g., from a broken thermometer), cosmetic sprays, detergents, adhesives or paints, as the case, bracelet, etc. may become discolored, deteriorate or damaged.

■ PRECAUTION REGARDING CASE BACK PROTECTIVE FILM

If your watch has a protective film and/or a sticker on the case back, make sure to peel them off before using your watch. Otherwise, perspiration getting under them may rust the case back.